



## **Information for the Patient on “What to Bring”**

### ***Personal Clothes***

Be sure to bring seven days' worth of comfortable, weather-appropriate clothing, that complies with the dress code and this will include:

Shoes (everyday shoes, tennis shoes for activities, and flip flops for the shower only)  
Shirts  
Pants  
Shorts  
Socks  
Undergarments  
Pajamas  
Coat/jacket  
Bath robe  
Belt  
Hat  
Slippers

### ***Other Personal Items***

1. A list of names, addresses and phone numbers of those you wish to have involved in your treatment (loved ones, healthcare professionals, 12 step sponsors, etc.).
2. Jewelry that you wear every day and consider to be a necessity, like your wedding ring or a watch. Otherwise, leave valuable items at home and the facility is not responsible for lost or stolen items.
3. An alarm clock (optional).
4. A 30 day supply of your current prescription medications in the original pharmacy bottles with the information label intact. Any liquid medications must be new and sealed. You should also bring a list of all of your medications and dosages. Do not bring any OTC medications.
5. A small amount of cash (\$50) in smaller bills for outings.
6. Your credit card or debit card to pay for treatment medications.
7. Your insurance cards and a form of identification (driver's license, passport, etc.).
8. A notebook or journal will be allowed, although we will also provide one.
9. Stamps and envelopes, if you wish to mail letters.
10. Pictures of your loved ones to keep in your room.
11. If you want to bring books, they are preferred to be recovery, self-help, or spiritually oriented. No reading material that is highly sexualized, violent, or graphic with drug use is allowed.
12. A 30 day supply of your preferred tobacco product if you use one. We do not have a way to obtain this for you while you are in treatment.
13. A cup of your choice (Turvis/Yeti type) – recommended but not required.
14. A 30 day supply of contacts and supplies or your glasses as needed.



***Personal Hygiene and Beauty Products to Pack***

We require all toiletries and beauty products to be completely alcohol-free. Do not bring aerosols. Bring thirty days' worth of toiletries and beauty products, including:

Deodorant  
Toothbrush and toothpaste  
Shampoo and conditioner  
Hair styling products (pump hair spray only)  
Comb/brush  
Feminine hygiene products  
Shaving cream  
Lotion  
Sunscreen  
Makeup

***Contraband***

These are items to not bring with you to treatment and are considered contraband. Contraband is determined by the staff and it may include, but is not limited to:

Drugs and alcohol  
Lighters (we have these for our smokers – you are not allowed to keep your own).  
Narcotics or prohibited prescriptions  
Over the counter (OTC) medications  
Weapons (guns, knives, scissors, sharp objects, etc.)  
Outside food and drinks  
Pornography  
Toiletries and beauty products that contain alcohol (mouthwash, perfume, etc.)  
Nail polish, polish remover or synthetic nail related products  
Video games and DVDs  
Revealing clothing (midriff bearing tops, etc.)  
Aerosols  
Cleaning supplies (bleach, ammonia, etc.)  
Phones  
Electronics (televisions, gaming consoles, etc.) that have internet usage or have cameras  
Candles and incense  
Clothing with profanity or references to drugs, alcohol or violence